



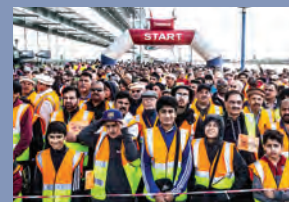
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in touch



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Walking
for peace

the newham mag

issue 367 // 2 June – 15 June 2017 // Every fortnight



**Youngsters
are good
sports**

Mini-games
action (p8)

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News

Young raise awareness of mental health

The Young Mayor of Newham Khadija Sethi and members of Newham's Youth Council supported a campaign designed to raise awareness of mental health and how it can affect young people.

They used Mental Health Awareness Week from May 8 to 14 to signpost people to organisations that can help, including national charity Mind who are based in Stratford; The Mix, a support service for young people; charity SANE, and the Samaritans.

At least one in four people will experience a mental health problem during their lives, and one in six adults will have a common mental health problem, such as anxiety or depression. This means at any given time around 47,000 people in Newham will have a common mental health illness.

Young Mayor Khadija recorded a special message for Instagram. She said: "A friend confided in me that she was going through exam stress. I realised I was too and spoke to others who said they had experienced the same.

"It is a myth to say mental health problems are rare because one in four of us will experience a mental health problem in any given year. It can take the form of anxiety, depression, stress or panic attack. It's ok to be not ok and there are some

amazing charities and organisations who can help."

The Young Mayor and Youth Council used social media to promote ways of dealing with exam stress and coping with panic attacks. They outlined the symptoms of depression and the importance of talking to a GP or sensible adult to seek help. They also supported a range of fun activities across the borough's Youth Zones to promote positive mental

well-being for young people.

Newham Council is leading on a Big Lottery Fund supported HeadStart project to ensure those aged between ten and 16 at risk of developing mental health problems are provided with effective support from their school, parents and peers. This could be through volunteering, mentoring, sport, or other creative activities. For information email **Headstart.ProgrammeTeam@newham.gov.uk**



Youth Council members Suha Javed, Alex Holmes, and Kiran Sweeney support the campaign

1 in 4 experience a mental health problem

News

Good to talk in café society

More than 100 residents attended Newham Council's second Conversation Café which took place at Katherine Road Community Centre in Forest Gate.

The free event focused on people's health and wellbeing and featured Bart's Health NHS Trust's breast screening team offering advice and support on how to spot early breast cancer symptoms.

Charity Community Links discussed cervical cancer and bowel cancer screening advice with residents. The Beat the Street team shared tips on how to be healthy by keeping active. Residents were also given free body mass index (BMI) and blood pressure checks by health experts.

The event was also attended by Newham councillors Lakmini Shah, Joy Laguda and Clive Furness. The next event includes parenting workshops. It takes place on Wednesday 21 June from 11am to 1pm at The Gate Library, Forest Gate. To book your place email **Noreen.Mukalazi@newham.gov.uk** or call **020 3373 0332/07814**.



Cllr Shah addresses the audience



Cllrs Patel and Vaughan and the Arty Mummas

Arty mothers in the picture

Artistic mothers put together a colourful exhibition at Forest Gate Neighbourhood Centre about being a new parent. The First 1,000 Days Project brought together 26 women with 26 babies, known as the Arty Mummas, to create 90 pieces of art for the exhibition at The Gate Library from May 9 to 31.

The exhibition resulted from ideas at a new parent and baby art course supported by the Newham branch of the National Childbirth Trust and Newham Council's Forest Gate community neighbourhood team. Artist and Newham NCT chair Kelly Drake helped create the pieces.

The mothers created works that highlighted their thoughts, feelings and real experiences around the first days of being a mother from pregnancy to second birthday. It explored the struggles and joys of birth, night-times, routines and mothering. A launch event at the library was attended by Newham councillors Mas Patel and Winston Vaughan.

100 attend Conversation Café

...in brief

Diversity on breakfast menu

Diversity and equality was the order of the day at a Newham College breakfast event to raise awareness of the work they do to tackle homophobia.

Newham councillor Rachel Tripp, Cabinet member for equalities, spoke at the event organised by the East Ham college's LGBT Committee. Ruth Hunt, the chief executive of LGBT charity Stonewall, also addressed the audience.

Organiser Olivia Besly said: "The breakfast was a fantastic opportunity for people to hear about the inspiring work that is being done."

Stonewall's Ruth Hunt said: "Newham College have got to the heart of the importance of equality and acceptance. They have taken proactive steps to promote a positive culture. They recognise that attainment and success relies on a culture where you can be yourself. It is inspiring to see that in a cultural context like this, such great strides can be made to bring a community together."



From left: Ruth, Olivia and Rachel

Condolences offered over terror attack

Mayor Sir Robin Wales offered condolences on behalf of Newham residents to Andy Burnham, the elected Mayor of Greater Manchester, following the terror attack in the city.

Sir Robin wrote: "Newham stands in grief and solidarity with Manchester. The cruelty of targeting violence and terror at children enjoying a pop concert is almost unthinkable.

"The bravery of the emergency services, the dedication of the first responders and the warmth of those who provided support are all testament to the resilience and spirit of Manchester. The thoughts of all of Newham are with you and the people of your great city."

Stadium parking restrictions

Parking restrictions are in place around the London Stadium in Queen Elizabeth Olympic Park when big events are staged there.

Controlled parking hours in Stratford Central, Stratford North West, Stratford South West, Stratford South East and West Ham residential parking zones are extended and apply from 8am to 9pm. Only permit holders can park in them.

Event days are: 3 June (Depeche Mode), 16 and 17 June (Guns N' Roses), and 23 June (Robbie Williams).

Saturday of sport

Residents are encouraged to get ready for a free Super Saturday of Sport on July 1 at Stratford Park.

Everyone is invited to come and try more than 20 activities from rugby to cricket, football to tennis, parkour to cycling and skating to boxing. There will be giveaways plus the best of Stratford's local businesses, health providers and food stalls.

For the latest updates go to www.supersaturdayofsport.co.uk

Support for carers

The support available to 24,000 unpaid carers across Newham is being highlighted as part of Carers Week from Monday 12 to Sunday 18 June.

Newham Carers Network will be raising awareness of the help available to those looking after friends or family members who need assistance due to their age, physical or mental illness, or disability.

Events are taking place across the borough. More information can be found at www.newham.gov.uk/carersweek

Bravery and resilience are saluted

FUN AT SHOW WILL BE SO NEIGHBOURLY



Newham's biggest FREE family event, The Mayor's Newham Show returns to Central Park, East Ham, on Saturday 8 and Sunday 9 July.

Newham's community neighbourhood teams are at the heart of everything we do at Newham, and will once again be at the heart of this year's show.

The community neighbourhood presence will be bigger and better than ever before, full of information, activities for all and advice on what to do and how to get involved with you community. Here is some of what's happening:

Community Garden

This year you will be able to help build a community garden. Activities will be taking place on the Saturday and Sunday

to create and fill the garden with edible and ornamental plants and which will after the show have a permanent home somewhere in the borough!

Library

We will have a mini children's library and, if you are not already a library member, there will be the opportunity to join as well as finding out about all the services on offer. It is not just about borrowing books.

Summer Reading Challenge

Find out about this year's Summer Reading Challenge and how children can get involved, having lots of fun whilst keeping up their reading skills and improving reading confidence. This year the challenge will be more





exciting than ever before, with an Animal Agents theme.

There will be fantastic free events throughout July and August across all of Newham's libraries with the Forensic Detective Workshop and the Chiff Chaff Children's Theatre and a chance to meet some of our most loved children's writers.

Storytelling & Craft Activity

There will be storytelling and craft activities for children, following the Summer Reading Challenge theme of



Animal Agents with regular storytelling sessions throughout both days as well as a craft activity to make a disguise as an animal with detective skills. You can also help create Slip & Slide from the Summer Reading Challenge, by knitting patches together to create the snakes skin.

Get Active

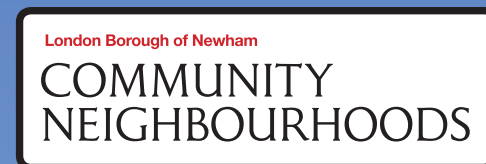
We all know that we could be a little healthier and more active and community neighbourhoods are keen to help and support you in being so. Among the activities West Ham



United will be running is a penalty shootout and Essex County Cricket Club will be offering the chance to improved your throwing skills.

A host of fun free activities are still being planned so there's lots more to come including chess, youth activities, a chance to win prizes playing bingo, board games and heritage activities.

The community neighbourhoods marquee is also where you'll find local councillors so come on down and say hello.



www.newham.gov.uk/mns

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YOUNGSTERS ARE GOOD SPORTS

Newham is no stranger to hosting popular mass sporting occasions. The latest, the Newham Mini-Games, attracted almost 750 young people enjoying fun sports but with a competitive edge.



More than 30 primary schools gathered at Newham Leisure Centre in Plaistow to take part in a host of different sports that included swimming, handball, mini-gym activities, basketball and slyding.

This year was the tenth anniversary of the Newham Mini-Games and more schools than ever took part. The event also forms part of Newham's London Youth Games programme.

The event takes place twice per year. Councillor Forhad Hussain, Cabinet member for sports and leisure, said: "They give primary school children an opportunity to take part in a mass borough event with the winners of some of the events going on to represent Newham at the London Youth Games at Crystal Palace National Sports Centre in July. Congratulations to all the schools who took part. We have some very talented young sportspeople in the borough."

Schools received points for the position they finished in individual sports. St Helen's Primary School in Plaistow were crowned the overall winners of the event, which was delivered by Newham Council's leisure provider activeNewham in association with Cumberland and Langdon School

Sports Partnerships, WRS WildSlyde, Newham All Star Sports Academy, Newham Sixth Form College and Newham and University of East London Swimming Club.

The winning schools:

- **Swimming** – St Helen's, E13
- **Handball** – St Joachim's, E16
- **Mini-Gym (Years 3 and 4)** – St Edward's, E13
- **Mini-Gym (Years 5 and 6)** – St Helen's, E13
- **3 x 3 Basketball** – St Francis, E15
- **Slyding** – Sandringham, E7

Congratulations to all the schools who took part: Britannia Village, Calverton, Curwen, Ellen Wilkinson, Elmhurst, Essex, Godwin, Grangewood, Hallsville, Kaizen, Lathom, Nelson, North Beckton, Ranelagh, Roman Road, Sandringham, Scott Wilkie, Sheringham, Southern Road, Keir Hardie, Star, St Antony's, St Edward's, St Francis, St Helen's, St Joachim's, St Luke's, St Winefride's, Vicarage, Tollgate.



Below: St Helen's School were the overall winners.



Carers Week 12-18 June 2017 Building Friendly Communities

Are you a carer?



Come along to our **FREE** fun and informative events across the borough featuring activities and information for carers in Newham.

Tuesday 13 June

Carers planning for the future with pampering and relaxation (11am-2.30pm)

- SubCo Trust, 49 Plashet Road, Upton Park E13 0QA
- Relax and receive a massage, manicure and Mehndi. Pre-booking essential as spaces are limited. To book, call **020 8548 0070**.

Wednesday 14 June

Carers pampering session (10am-3pm)

- Newham Carers Network, Manor Park (full address provided once booked)
- Relax and receive a massage and manicure or henna. Free refreshments provided. Pre-booking essential as spaces are limited. To book, call **020 8519 0800**.

If you provide unpaid support to a family member, friend or neighbour, such as helping them with their shopping, medication or explaining information, we are here to help.

Thursday 15 June

Caring for carers (9.30am-1pm)

- St Mark's Community Centre, 218 Tollgate Road, Beckton E6 5YA

A wellbeing event for carers featuring talks from professionals, health checks and advice and tips on all things health and wellbeing related. Lunch and refreshments to follow.

For more information including the full list of Carers Week events:

visit www.newhamcarers.org.uk

call **020 8519 0800**

or visit www.newham.gov.uk/carersweek



London Borough of Newham

**BECKTON &
ROYAL DOCKS**
COMMUNITY NEIGHBOURHOOD

Are you interested in running a new café?

We are looking for a business or individual with verifiable and relevant experience to run a community café kiosk.

We anticipate the cafe will launch in July 2017, opening hours and days to be negotiated. The kiosk will be at St John's Green, Albert Rd, North Woolwich, E16.

The project will be supported by Beckton and Royal Docks Community Neighbourhood.

For further information and to register your interest please email Lisa.Taylor@newham.gov.uk



Pupils in touch with community spirit

Newham Council is committed to building a strong, cohesive community across the borough with a variety of events and initiatives, many of which are organised by our network of community neighbourhood teams.

Working with children at Essex Primary School, the Manor Park community neighbourhood team brought older local residents into the school to share their wealth of knowledge and life experiences with pupils eager to befriend them.

Called Essex in Touch, the initiative is built around kindness, sharing and being good neighbours, with the young pupils learning the value of listening to older members of the community to gain insights into the lives of people who have many stories to share.

The residents were hosted by children from Year 5 who practised their hospitality skills by introducing themselves politely and ensuring their guests were comfortable. In preparation for the visit, the pupils had made home-baked cakes and everyone enjoyed the refreshments on offer as the conversation flowed.

One of older visitors revealed that his children had attended Essex Primary School 40 years ago. Another of the guests brought her i-Pad, which she used to share photos to illustrate her stories. More visits are being planned.

Deputy Mayor (statutory) Councillor Ken Clark, Cabinet member for community neighbourhoods, public affairs, regeneration and planning, said: "This is an effective way to address social isolation among older local people by linking them with schools nearby to come together for company.

"Everyone benefits from such a simple scheme. Many pensioners enjoy finding out about the school, while the children learn so much about the history of where they live. This project is something that I hope more schools in Newham can participate in."

You can find out about events in your community neighbourhood by downloading the free What's On app by visiting www.newham.gov.uk/communityevents



London Borough of Newham

MANOR PARK
COMMUNITY NEIGHBOURHOOD

SUPER SATURDAY OF SPORT



STRATFORD PARK

Free
Event

Saturday 1 July, 11am-4pm
Stratford Park, West Ham Lane, E15 4PT

Come to Super Saturday of Sport and find your active passion.
A free fun filled event for all the family.

More than 25 activities to try, from Cricket to Football, Parkour to Zumba, Cycling to Boxing and a giant Climbing Wall.
There will be something to suit all ages, abilities and fitness levels.
Alongside there will be a selection of food providers, including a barbecue, and a showcase of the best of Stratford businesses.

For information please visit www.supersaturdayofsport.co.uk or
contact Stratford Library on 020 3373 0826.





Reduce the risk of diabetes

Diabetes is a growing health problem which, if not managed properly, can lead to a variety of complications. More than 20,000 Newham residents are living with the condition and more are diagnosed with it every year.

The main symptoms of undiagnosed diabetes include increased thirst, extreme tiredness, blurred vision and needing to go to the toilet more often than usual.

Councillor Clive Furness, mayoral adviser for health, said: "Not only are there high numbers of people in Newham currently diagnosed with diabetes but also many hundreds are at high risk of developing it. Regular exercise and enjoying a healthier diet can reduce this risk."

To raise awareness about the condition Canning Town and Custom House libraries are hosting events as part of Diabetes Week between 12 and 18 June.

If you attend sessions at Custom

House Library on Tuesday 13 June from 2.30pm to 4.30pm, or Canning Town Library on Thursday 15 June, from 2pm to 4.30pm, you can speak with health professionals on how to maintain a healthy lifestyle to help you manage diabetes or reduce your risk of developing the condition.

They will share advice and tips on the following topics:

- how to look after your eyes
- good foot care
- keeping fit
- healthy eating.

For more information about the events, email Maria.Xavier@newham.gov.uk or call **020 3373 8346**.

For more information about diabetes visit www.diabetes.org.uk

Manor Park Diabetes Support Club

Newham Council's community neighbourhood link workers host a monthly Diabetes Support Club at Manor Park Library.

Since it started last year the club has successfully been supporting residents to prevent and manage diabetes.

Come along to the next session on Friday 16 June from 5.30pm to 7pm to find out how you can manage your diabetes or reduce your risk of developing the condition.

To book your place or for more information email zakir.adam@newham.gov.uk or call 020 3373 0858.

London Borough of Newham
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COMMUNITY NEIGHBOURHOOD

London Borough of Newham
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Newham**



Air cadets are flying high

There are activities all over Newham that help equip young people with the skills, experiences and confidence to achieve their full potential. Being a Royal Air Force Air Cadet is one such activity.

The efforts of members of the 282 (East Ham) Squadron were recognised in a gala ceremony at Kingsford Community School in Beckton. Awards and certificates were presented to cadets aged 12 to 17 for achievements including first aid, band proficiency, aeronautical studies, public service, sporting achievements, leadership and educational attainment.

Deputy Mayor (statutory) Councillor Ken Clark, Cabinet member for community neighbourhoods, public affairs, regeneration and planning, handed out awards to four cadets who achieved bronze Duke of Edinburgh awards and to 13 cadets who achieved silver awards. Councillor Bryan Collier presented awards for marksmanship.

Among the tasks the Duke of Edinburgh cadets completed was the refurbishment of a school in India, which took them four days

“Being part of this organisation prepares them for life and they make great friends along the way.”

to get to by camel. Councillor Clark said: “The commitment shown by 282 Squadron shows what our young people can achieve. Duke of Edinburgh awards involve activities and adventures which build confidence, teamwork, and leadership skills.”

Flight Lieutenant Chris Booty, commanding officer of 282 Squadron, said: “Cadets work hard to achieve new skills and qualifications and the presentation evening recognises that.

“We have more than 100 cadets and we make a positive impact on their lives. Young people get too much negative press these



days and it is important to show all the good that our youth do for both Newham and the wider community. Cadets make fantastic citizens. Being part of this organisation prepares them for life and they make great friends along the way.”

282 (East Ham) Squadron Royal Air Force Air Cadets parade on Monday and Friday from 7pm to 9.45pm
Cornwell VC Cadet Centre,
Vicarage Lane, East Ham, E6 6AB
Call 020 8470 8422 or email
enquiries@282squadron.org.uk
Facebook: 282 (East Ham)
Squadron Royal Air Force Air Cadets

Walking in the name of **peace**

Newham Council is committed to creating a cohesive society through stronger, more resilient communities. It supports initiatives and events that bring diverse communities together, not just to help themselves but to strengthen others – events like the Charity Walk for Peace.



Walkers begin the five-mile route from Newham Dockside





Cllr Clark cuts the ribbon



Deputy Mayor (statutory) Ken Clark, Cabinet member for community neighbourhoods, public affairs and regeneration and planning cut the ribbon to start more than 4,000 people on the five-mile walk around the Royal Docks to show solidarity against extremism and raise money for more than 90 charities.

The event was organised by the Ahmadiyya Muslim Elders Association UK (AMEA UK) who worked with Newham Council's Green Street community neighbourhood team on logistical arrangements for the walk, which was themed around service to humanity. It is expected that more than £250,000 will be collected by those who took part in the walk that began at Newham Council's headquarters at Newham Dockside. There

were more than 800 volunteers looking after the walkers as they followed a scenic route along the waterside taking in sights such as the Emirates Air Line cable car, the Thames Barrier, London City Airport and the ExCeL exhibition centre.

**"Newham is a place where
extremism and hatred of
any kind is not tolerated"**

Councillor Clark said: "It was a magnificent occasion for everyone involved who came to support the walk's principles of peace, unity and harmony across all faiths. Newham is a place where extremism and hatred of any kind is not tolerated. By coming together for the Charity Walk for

Peace people have supported the work of many charities as well as promoted the message of integration."

Dr Ijazur Rehman, President of AMEA UK, said: "We have been bowled over by the immense support shown by the participants and charities. They have taken the time to step forward and join in and brought out the peace-loving nature that is present in all of us.

"Our long-standing motto has been love for all, hatred for n. The walk epitomised the very essence of this, where people of different religions and races came together under one umbrella for a common cause."

A cheque presentation ceremony for the many charities being supported will be held later this year in the Houses of Parliament.

Caring for the carers

Do you provide unpaid support to a family member, friend or neighbour? This can include anything from helping them with their shopping or getting dressed, keeping them company, administering medication or explaining information. If so, there is lots of information and advice about support that is available to you.

Almost 25,000 Newham residents perform an unpaid caring role and many don't realise that they may be eligible for extra help. Newham Council supports national Carers Week from 12 to 18 June, an annual campaign that highlights the challenges carers face and recognises the contribution they make to the people they care for, and to their community.

The theme this year is Building Friendly Communities. Information and wellbeing events are taking place throughout the borough, which are being led by Newham Carers Network and supported by the council, NHS Newham Clinical Commissioning Group and charity SubCo Trust.

One of the services offered by the Newham Carers Network is the Male Carers Group. Running since 2012, the group meet weekly to socialise and take part in activities and events. Regular attenders are Prabhudas Tanna from East Ham, Anil Savjani and Hirji Patel from Manor Park, and Julian Edgar from Plaistow.

Prabhudas and his wife provide full-time care for their two daughters who have severe learning disabilities. He said: "I like to keep active and share with other carers the knowledge and experience I've gained over the years. So many people don't know what support is available or even where to look for it. It's important we have

somewhere we can go and talk about our problems."

Anil cared for his wife until 2009 and now cares for his mother, as well as working part-time. He said: "The group has been so supportive and helpful. It allows us to come together and talk about our problems in an open way. Everyone is so friendly and we like to have fun. The activities provided are a break from the same daily routine."

Retired bus driver Hirji now drives children with special educational needs to and from school. He also looks out for his neighbours who are in their 90s with no family. He said: "Carers play an important role supporting vulnerable people, enabling those cared for to stay in their own homes and community. It's important that this is recognised.

"The group allows us to learn from and support each other. We are always doing something fun and it would be great if more people could experience this and find out about the fantastic support that is available to them."

Julian, who cares for his wife of 54 years, joined the group after receiving information from his GP. He said: "I feel lucky to have met everyone here. I like to keep active and the group has helped me to do this, whether it's meeting up socially or playing badminton, tennis or swimming. The group helps me maintain my positive outlook on life."



Left to right: Anil, Hirji, Julian and Prabhudas



To find out more about the Male Carers Group or other carer support groups visit www.newhamcarers.org.uk or email info@newhamcarers.org.uk or call 020 8519 0800.

To find out more about events during Carers Week, visit www.newham.gov.uk/carersweek

For more information or for a carers assessment, email carers.team@newham.gov.uk or call 020 8430 2000 (select option 2).

Notice of London City Airport public consultation on a new Aircraft Noise Categorisation Scheme (ANCS)

London City Airport is opening a public consultation on new proposed measures to manage aircraft noise by incentivising airlines to minimise noise. This will ensure that no noisier aircraft than currently operate at London City will be allowed to operate in future.

Individuals, businesses and interested parties are welcome to respond to the proposals, which include:

- A new method of noise monitoring that uses aircraft manufacturers' independently assessed noise certification data to categorise each aircraft. This will mirror the approach adopted by other UK airports to control noise at night. As London City does not operate night flights, it will become the first UK airport to adopt this method for daytime flights; and
- More stringent categorisation of aircraft based on the noise they generate

The existing and longstanding controls on the airport's operational hours will remain unchanged.

In order to review the new scheme proposals and submit feedback visit: www.londoncityairport.com/ANCS

Email responses can be sent to ANCS@londoncityairport.com

Written responses can be posted to:

ANCS Consultation, City Aviation House, Hartmann Road, E16 2PB

The consultation is being carried out under the requirements of the Aerodromes (Noise Restrictions) (Rules and Procedures) Regulations 2003 and is open from **Friday 2 June** until **Friday 14 July** 2017.

Once the consultation is concluded, all responses will be considered and a final proposed scheme will be submitted for approval by London Borough of Newham in summer 2017.



Essex Cricket

Newham London

Cricket ticket giveaway

Exclusive offer for Newham residents

100 tickets are up for grabs for the remaining Essex Cricket fixtures below:

- 19-22 June v Warwickshire
- 26-29 June v Middlesex (Floodlit)
- 1-3 August v West Indies (Tourist Match)
- 28-31 August v Somerset
- 25-28 September v Yorkshire.

Visit www.newham.gov.uk/cricket for more information and how to apply.



London Borough of Newham
**CUSTOM HOUSE &
CANNING TOWN**
COMMUNITY NEIGHBOURHOOD

Diabetes Awareness Event

FREE

Supporting Diabetes Week 2017

Tuesday 13 June, 2.30-4.30pm

Custom House Library, Prince Regent Lane, Custom House E16 3JJ

Thursday 15 June, 2-4.30pm

Canning Town Library, Barking Road, Canning Town E16 4HQ

Get advice from health professionals and tips on how to maintain a healthy lifestyle to help you manage diabetes or reduce your risk of developing the condition.

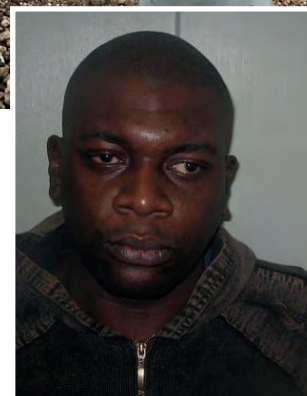
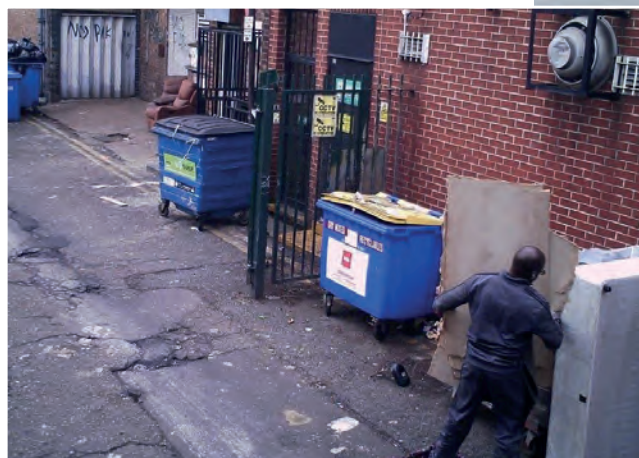
For more information, please email

Maria.Xavier@newham.gov.uk

or call 020 3373 8346 / 07896 346 534.

Newham London

From left to right: Dumping in Dagenham, the waste in Maryland Square, and Calvin Allen-Browne



Residents bring fly-tipper to justice

As part of Newham Council's New Deal with residents we asked you to report fly-tipping where you see it and to help us track down those responsible. A serial rubbish dumper must now pay almost £9,000 thanks to sharp-eyed residents.

Calvin Allen-Browne, 38, from Dagenham, admitted seven fly-tipping offences when he appeared at Thames Magistrates' Court. He was nabbed as part of a joint operation between Newham and Barking and Dagenham councils and the Metropolitan Police.

Allen-Browne was initially captured by CCTV cameras dumping waste in Dagenham in February. Photographs and details of the white Mercedes Vito caged vehicle being used were distributed.

In April residents reported seeing the same van dumping four tonnes of soil and building waste in the road outside St Francis Roman Catholic Primary School in Maryland Square, Stratford. They took photographs and noted the van's registration number and sent them

to Newham's Fly-Tip Task Force who discovered the link with the Dagenham case.

A joint investigation began and officers visited Allen-Browne's address where they found him and the Mercedes van at the back of the property. During interview he admitted the offences.

On 27 April Allen-Browne appeared at Thames Magistrates Court where he admitted seven charges in relation to the two fly-tips and was fined £6,000 plus legal costs and a victim surcharge together totalling £8,841.

Councillor Forhad Hussain, Cabinet member for crime and anti-social behaviour, said: "I commend the Newham residents who provided vital information that helped bring this man to justice."

Preventing fly-tipping is everyone's responsibility. If you see someone littering or leaving other types of mess, don't just ignore it, report it.

Provide as much information as you can. If a vehicle is involved, tell us its make, model and registration number. You can report it at www.newham.gov.uk/asb

You can also report issues in less than 40 seconds through the free Love Newham app. Search for Love Newham in your smartphone app store.

To find out to get rid of waste legally, visit www.newham.gov.uk/recycling

Free concert tickets on offer

Free tickets for Newham residents to concerts at the London Stadium by Robbie Williams and Guns N' Roses are still on offer.

Rockers Guns N' Roses will be performing on Friday 16 and Saturday 17 June, while Robbie Williams will be performing on Friday 23 June.

The offer for free tickets for residents has been secured as part of Newham Council's investment into the London Stadium and to continue the legacy of the 2012 Games.

If you want to be in with a chance of experiencing some of the best live music in London this summer all you need to do is add your name to our online list by visiting **www.newham.gov.uk/mayorsfreegiveaway** by 5pm on Thursday 8 June. Select the 'Music' tab under events you are interested in and then we will contact you with more details about how to enter the ballot for each concert. Terms and conditions will apply.



Cyclists keep heritage tradition alive



More than 70 residents got on their bikes to cycle from West Ham United's former home at the Boleyn Ground in Upton Park to their new home at the London Stadium in Stratford.

Newham councillors joined them on the Bike from Boleyn event, which was arranged to promote cycling and fitness and to help keep alive the traditional link between the football club and the area around the former football ground.

The ride was organised by the Bike from Boleyn group working with

Newham Cyclists. As part of the fun the Forest Voices choir from Forest Gate sang Hammers anthem Bubbles and an African biking song. Newham Dhol Academy musicians performed a drum routine to set the cyclists on their way.

Councillor Veronica Oakeshott, who founded the group, said: "We are showing the best way to get from one stadium to the other is by cycling along the Greenway route."

Scouts complete awards challenge

Two patrol leaders from the 25th Newham East Scout Group defied high wind and heavy rain to complete a trek across Snowdonia as part of a Duke of Edinburgh award scheme expedition.

Amy Nixon and Bartek Drybanski joined 20 other Explorer Scouts from across the Greater London North East county area in taking part in a number of challenges throughout the expedition.

The pair successfully completed their Hill Walker's Badge for navigating their way around the national park as well as completing their final tasks in the Duke of Edinburgh gold and silver awards programme.

Antony Allen, Group Scout Leader of the 25th Newham East Group based in East Ham said: "Amy and Bartek put their skills to the test in a challenging environment. They are now eagerly awaiting their invitation to St James's Palace to receive their awards."



Amy, left, and Bartek



The North Beckton Primary School team

Success adds up for pupils

Pupils from North Beckton Primary School with a good head for numbers came first in a regional challenge designed to help them develop their confidence, problem-solving skills and arithmetic abilities.

The children beat youngsters from neighbouring schools in the Count On Us Primary Challenge tournament, organised by the Mayor's Fund for London. The competition tests young people's knowledge of numeracy using shape puzzles, number games and code breaking challenges.

The tournament also aims to make maths fun and improve confidence around learning as well as improving academic attainment, and ultimately improving life chances and helping young people make a positive contribution to society.

After lots of practise at school and at home, and after an internal tournament, North Beckton's top mathematicians represented their school in the regional heat at Bigland Green Primary School in Stepney. They are now looking forward to the final at City Hall.

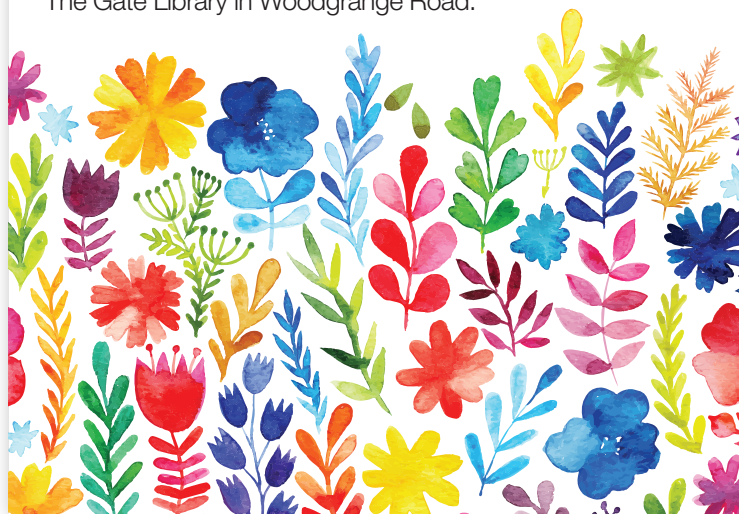
SPLASH OF COLOUR ON GARDENS TRAIL

Green-fingered residents in Forest Gate are invited to add colour to their gardens as part of the first Gardens Trail around the neighbourhood.

From noon until 4pm on 24 and 25 June, residents will be opening their front and back gardens for others to enjoy. The trail is being organised by the Forest Gate Community Garden in Earham Grove and Forest Gate Women's Institute. Fifteen gardens are on the trail, including that of Janet Daniels whose garden has been featured on television.

Residents are being asked to plant orange flowers in their front gardens and window boxes to brighten up the area. Free seeds are available from Forest Gate Community Garden.

An adult weekend ticket for the trail costs £3.50 from the Community Garden or £4.30 from www.fgcommunitygarden.eventbrite.co.uk with children under 12 going free. A map will be available from 10 June at The Gate Library in Woodgrange Road.



Kids' Corner



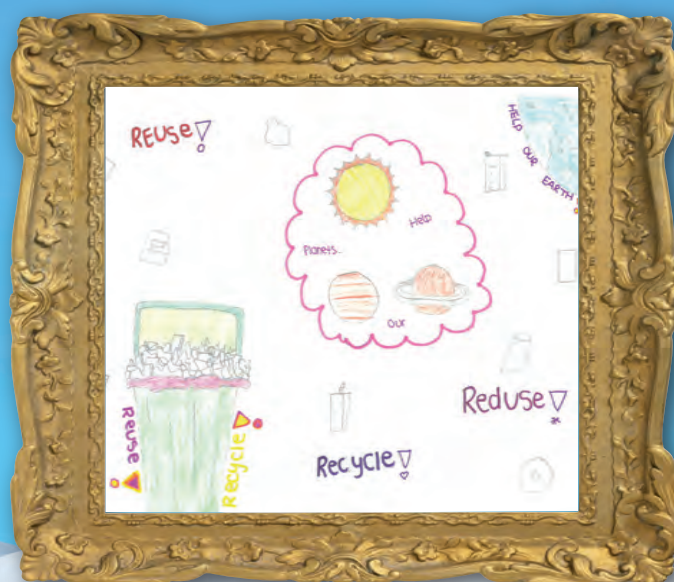
PLEASE SEND OR EMAIL YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
 or newham.mag@newham.gov.uk

Don't forget to add your full name, age, address and contact number with your entry. We cannot return any entries.

GALLERY



Kai Yun Wong, 4



Anam Faizal, 10



Dishan Chaudhari, 6



Zohaib Ilyas, 9

Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** or newham.mag@newham.gov.uk. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Word-Fit

Jokes

Q: What do you call a snowman in the desert?

A: A puddle

Q: Why don't mountains get cold in the winter?

A: They wear snowcaps

Q: How does an Eskimo stick his house together?

A: With igloo

Q: What is a snowman's favourite breakfast?

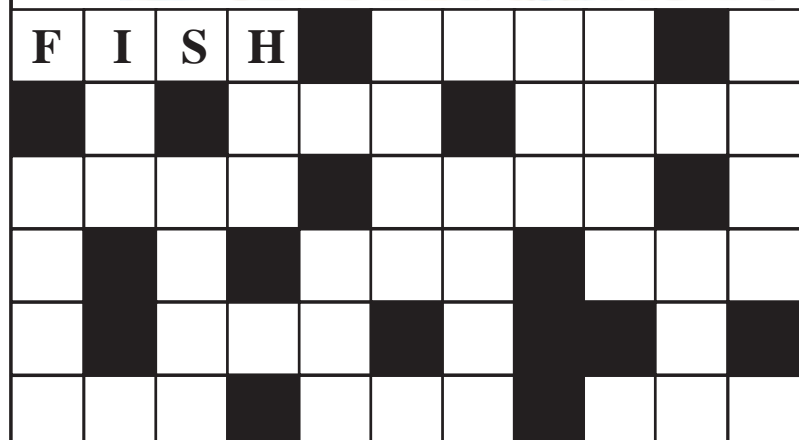
A: Frosted Flakes!

3 letters

BEE
EGO
ELK
FLY
FOB
HOT
ILL
LOW
ORE
OWL
SHE
TEN

4 letters

APES
FLAK
HOSE
HOWL
OXEN
PLOT
POST
PYRE
RASH
REAL



WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

- 1 Be a Scientist** – East Ham Library in Barking Road, E6, becomes a laboratory for fascinating experiments that will amaze you. For children aged six and over. Saturday, 24 June, 11am-3pm. Run by BeScience.
- 2 Chatterbox (7-12)** – Fun club for children, giving them a chance to chat about books and meet new friends. Mon, 3.30-4.15pm, Green Street Library, Green Street, E13.
- 3 Junior Football Coaching** – Free sessions run by activeNewham for children interested in football, aged seven to 12. Fridays from 4-6pm at the Jack Cornwell Community Centre in Jack Cornwell Street, E12.

CREATIVE ENGLISH

Join this free programme of English speaking and listening lessons from the Faith in Action charity. Topics covered by trained teachers are practical situations you will need every day. Suitable for beginners who need functional English skills. Wednesdays and Thursdays, 12-2pm at Green Street Library, Green Street, E13

ENGLISH

TRY SOMETHING NEW... FOOD ACADEMY LUNCH

Join free fun lunch clubs for hands-on cooking classes to prepare delicious food and enjoy activities that promote wellness. For women only. Advance booking is essential. Email hello@food-academy.co.uk for details. Tuesdays, 10am-12pm and 12.30-2.30pm, and Fridays, 10am-12pm and 12.30-2.30pm at East Ham Library, 328 Barking Road, E6.




Indicates free sessions

Libraries unless stated.

UNDER-FIVES

Toy Library 
Introducing toddlers to borrowing toys. *Thurs, 11am-12pm, Beckton*

Storytelling 
Mon, 11-11.45am, Tues, 10.30-11.30am, Beckton; Tues, 10.45-11.30am, Tues, 1.15-2pm, Canning Town; Tues, 10.30-11.30am; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Fri, 10.30-11.30am, Manor Park; Tues, 10.30-11.30am, The Gate; Sat, 11.30am-12pm, Green St; Tues, 10.30-11.15am, Thurs, 2-3pm, Plaistow; Tues, 10.30-11.15am, North Woolwich; Mon, 10.30-11.15am, Custom House


Stay and Play 
Support for parents and carers to develop their child through play. *Tues, 9.30-11.30am, Jeyes C.C.; Sat, 12-1pm, Green St;*

Weds, 10am-12pm, Thurs, 9.30-11.30am, Sat, 11am-1pm, Stratford; Mon and Thurs, 1-3pm, Jack Cornwell C.C., Weds, 31 May, 10.30-11.30am, Plaistow

Jiggaree Session 
Fri, 10-11am, Plaistow

Reading Together 
Thurs, 2.30-3pm, Custom House

Bumps and Babies 
Fri, 2-4pm, The Gate

Move It To Music 
Interactive session for children, parents and carers to dance to get active with music and dance. *Mon, 1.30-2.30pm, Stratford*

Baby Yoga 
Five-week course. Register at Rebecca Cheetham Children's Centre on 020 8534 3136 *Weds, 1-2pm, Stratford*

Storytelling Crafts 
Mon, 11-11.45am, Beckton

Sing-a-long

Storytelling and nursery rhymes
Tues, 10.45-11.30am, Beckton

Baby Rhyme Time (Up to 12mths)

For babies and parents to enjoy songs, develop communication skills through sign. **Weds, 12.30-1.30pm, Manor Park**

Music and Movement

For children and parents or carers to get active using different types of dance and instruments. **Tues, 9.30-10.15am, Plaistow**

Sensory Storytelling

Second and fourth Fri of month, 1-2pm, Green St

Bumps and Bundles Group

Interactive session for parents and carers of babies under 18 months. **Mon 10am-12pm, Stratford**

Toddlers Messy Play

Play session run by St Stephen's Early Start. **Fri, 2-3pm, Green St**

Musical Rumpus

Run by Spitalfields Music. Prior booking is recommended. **Thurs, 10-10.45am, East Ham**

YOUNG PEOPLE

Games Club (7-16yrs)

Sony PS3, Xbox360, Wii, board games and more. **Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; Thurs, 3.30-5.30pm, Plaistow**

Young Readers Club (7-12yrs)

Tues, 4-5.15pm, North Woolwich

East Ham Youth Zone

Sony PS4, DJ decks and other activities. **Tues, 4.15-7.15pm, East Ham**

Arts and Craft Workshop

(6-12yrs) Mon, 4-5pm, Beckton; Sat 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 1-2pm, Green St; Sat, 2-3pm, North Woolwich; Tues, 3.30-5pm, Plaistow; Tues, 4-5.30pm, The Gate

East Ham IT Youth Zone

Support in using IT for homework and fun. **Mon, 4.15-6.15pm, East Ham**

Family Movie Club

Sat, 3-5.30pm, Green St (up to 12yrs); **Sat, 2-4pm, Plaistow; Sat, 5.30-7.30pm, East Ham; Thurs, 4-7pm, North Woolwich; Sat, 4-6pm, Manor Park; Tues and Sat, 4.30-6.30pm, Beckton Globe; Fri, 4-6pm, The Gate**

Young People's Positive Activities (9-19yrs)

Weds, Fri, 7-9pm, Harold Rd Centre

Time-2-Craft (16yrs+)

Various handicrafts. **Sat, 10am-12pm, Stratford**

Table Tennis Mondays

Meet new people and try your hand at table tennis. **Mon, 4-7.30pm (children), The Gate**

Lego Club

Create Lego models based on weekly themes, **Sat, 3-4pm, The Gate.**

Science Club

Thurs, 4-5pm, The Gate

Tae Kwando Club

Contact khanqukbblackbelt@yahoo.co.uk or call 07984 684 805 for more info. **Fri, 6.45-7.45pm, Green St.**

The Chill Spot (11-19yrs)

Activities include table tennis, discussions, creative workshops. **Mon, Weds, 3-6pm, Stratford.**

Drama Theatre (13+)

Drama workshop. **Fri, 5-6.30pm, Beckton; Weds, 4.45-6.15pm, Plaistow**

Code Club (7-11)

Scratch, Python, cartoons, websites and more. Booking required. **Sat, 10-11am for beginners or 11am-12pm for improvers, Custom House; Tues, 4-5pm, Green St**

Junior Football Sports Coaching - activeNewham (7-12yrs)

Fri, 4-6pm, Jack Cornwell C.C

Performing Arts Activities

A range of dancing and singing, family arts activities. **Fri, 5-7.30pm, East Ham**

Open Mic Performance

Excitingly funny, comedy, poetry, singing and music session. **Sat, 6-7.30pm, Canning Town; Sat, 5.30-7pm, Beckton**

Spelling Bee (5-11yrs)

Develop your spelling vocabulary memory with knockout stages. Booking required. Ages five to 11. **Sat, 10am-3pm, Stratford**

Board Games Club (7-13yrs)

Chess, checkers, Ludo, Pictionary and more. **Sat, 11am-12pm, North Woolwich; Fri, 5.30-6.30pm, Beckton**

Homework Club

Study support for young people in libraries. **Fri, 4-5.30pm, Beckton; Mon, 3.30-5pm, Sat 10am-1pm. Plaistow; Fri, 4-6pm, Canning Town; Fri, 4-5pm, East Ham; Sat, 2-3pm, Green St; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, The Gate**

ACTIVITIES AND SUPPORT

Afternoon Tea

Weds, 4-5.30pm, Canning Town

Chess Club

Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Thurs, 5.30-7.30pm, Stratford; Tues, 1-2pm (adults), 5.30-7.30pm (children), The Gate; Thurs, 5-6pm (beginners), Thurs, 6-7pm (improvers), Custom House; Weds, 5-6pm, (children), Weds, 6.30-7.30pm (adults), 5.30-6.30pm (children), Canning Town; Weds, 5.30-7.30pm, Green St; Weds, 3.30-5pm, Plaistow

Coffee Mornings

Tues, 11.30am-1pm, Beckton; Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45am-12pm, Canning Town; Tues, 11am-12.30pm, Custom House; Fri, 11am-12pm, Green St; 3rd Thurs of month, 11am-1pm East Ham

Do It Online (18yrs+)

Computer classes. **Fri, 2-3.30pm, Beckton; Tues, 10am-12pm, East Ham; Weds, 2-4pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.15-2.15pm, Custom House; Tues, Thurs, 11am-1pm, Green St; Weds, 10am-12pm, Plaistow; Mon, 1-2.30pm, Canning Town; 1.30-2.30pm, North Woolwich**

Knit & Natter (16yrs+)

Fri, 10.45am-12pm. Canning Town; Weds, 10.30am-12pm, Beckton; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, East Ham; Weds, 10.30am-12.30pm, Green St; Fri, 10am-12pm, Plaistow; Tues, 11am-1pm, The Gate

ICT Drop-in Session

Set up a My Newham profile and create an email account. **Weds, 11am-1pm, The Gate**

Life in the UK Classes

Support for people taking the Life in the UK test and B1. Call 0208 542 3904. **Tues, 10am-12pm, Beckton; Fri, 12.30-2.30pm, Green St; Weds, 10am-12pm, East Ham; Tues, 12.30-2.30pm, Stratford; Weds, 12.30-2.30pm, Fri, 9.30-11.30am, Plaistow**

ESOL for Beginners

For adults seeking to improve their English. **Tues, 9.30-11.30am, Weds, 9.30-11.30am, Jack Cornwell C.C**

Citizens Advice Sessions

Sessions on money management. **1st Mon of month, 11am-1pm, Manor Park**

Basic Computer Skills

Fri, 10.30am-12.30pm, Manor Park

English Conversation Club

Practise spoken English. **Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm. Rabbits Rd Institute; Sat, 10am-12pm, Stratford; Mon, 10-11am, Jeyes C.C; Mon, 10-11am, Plaistow; Thurs, 10.30-11.30am, Green St; Tues, 11.30am-12.30pm, North Woolwich**

Stratford London

Toastmasters Public speaking club. First and third Mon of month, 6-8pm, Stratford

Docklands Drop-In Group
Weds, 1-3pm, Beckton C.C.

Poetry Group (16+)

Sat 11am-1pm, Mon, 6-7.30pm, Stratford; Weds, 6-7.30pm, East Ham; Tues, 2-3.30pm, Jack Cornwell C. C. Email sonesquin@hotmail.com

International Lunch Club

£3 per meal. Mon, 12pm, Beckton C.C.

Dominoes (13+)

Test your skills or learn to play. Sat, 2.30-7pm, Beckton

Conversation/debate

Class for ESOL Improve your spoken English with friendly beginners conversation and debate club. Tues, 6-7.30pm, Canning Town.

Memory Lane Café

For people with dementia and their carers. 3rd Weds of month, 12-3pm, Jack Cornwell C.C.

Table Tennis Mondays

Mon, 8.15-11am, all welcome; 11am-4pm, adults; 4-7.30pm, children, The Gate

Board Games for Adults

(18+) Carrom Board, chess and other board games for adults. Thurs, 5.30-7.30pm, The Gate

Workplace Drop-Ins

For residents looking for employment to discuss job vacancies, training etc. Every Fri, 10.30am Green St; Thurs, 3-5pm, 8 June, (fortnightly), Manor Park; Thurs, 2-5pm, 15 June, (fortnightly), Canning Town; Tues, 2-5pm, 6 June, (fortnightly), Custom Hse; Tues, 2-4pm, 6 June, (fortnightly), The Gate; Weds, 3-5pm, 14 June, fortnightly, East Ham; Weds, 2-4pm, 7 June, fortnightly, Stratford

Embroidery (16+)

Learn new sewing skills or find new ways to make things

using textiles. Thurs, 10.30am-12.30pm, embroidery; Thurs, 10.30am-12.30pm embroidery, Manor Park

Creative Writing and Poetry Group (16+) Thurs, 6.30-7.30pm, Canning Town

An app a day

Learn how to make the most of your devices. Mon, 6-7.30pm, Canning Town; Tues, 6-7.30pm, Manor Park

Pop In Bingo (18+)

Come and join with your local community and get ready to shout Bingo. £1 per book. Tues, 1-2pm, North Woolwich

Board Games for Adults

(15+) Play and learn about board games. Thurs, 5.30-7.30pm, The Gate

Together We Can

Fortnightly group for adults under 50 who've suffered a stroke. Fri, 2-4pm, Plaistow

Writers' Group

Last Thursday of every month, 5.45-7.30pm. The Gate

Model Train Workshop

Join other enthusiasts. Mon, 12.30-3.30pm, North Woolwich

Alcoholics Anonymous

If you have a concern about your drinking, call Alcoholics Anonymous for meetings in Newham on 020 7407 0700.

COMMUNITY ACTIVITIES



ManorFam

Brings families together to make friends. Sat, 2-3.30pm, Manor Park

Singing for Health

Tues, 2-3.30pm, Jack Cornwell C. C.

Newham Super Choir

For all ages. Tues, 10.30am-12pm, Beckton C.C.

BOXING AND SELF DEFENCE



Boxing (Newham College)

Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing

Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

Boxing and Self Defence

Tues, 5-6pm (16+), 4-5pm (6-11yrs), Jack Cornwell C.C.

West Ham Boys ABC

Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

Martial Arts (7-12yrs)

£2. Tues, 6.45-7.45pm, Thurs 4.45-5.45pm, Beckton

Martial Arts

Learn new skills, self defence. Adults, £3. Thurs, 6-7pm, Beckton Globe; Sat, 2-4pm, Beckton C.C.

Bootcamp and Karate

Tues, 5-6pm, Bootcamp; Thurs, 5-7pm, Karate, both at Newham College, Stratford Campus, Welfare Rd, Stratford

Kickboxing and Yoga

Sat, 10-11am, Katherine Road C.C.

HEALTH AND FITNESS



Boxing

A chance for women to try out boxing in sessions just for them. Mondays, between 9.15-10.15am at Katherine Road C.C.

Self Defence/Martial Arts

Learn new skills with fun, mixed martial arts classes. Open to all ages and abilities. Fri, 6.45-7.45pm, Stratford Library.

Salsa Dancing (18yrs+)

Mon, 3.15-4.45pm, Beckton C.C.; Tues, 11.45am-12.45pm, Field C.C.; Sat, 6-7.30pm, Stratford; Sat, 2.30-5pm, The Gate; Mon, 4-5pm, East Ham

Nordic Walking

Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs.

Tai Chi Class

Fri, 10-11am, Beckton C.C. Weds, 8.15-9.15am, (book in advance, library member's only) Fri, 11am-12pm, Newham residents, over 50s at The Gate. Fri, 5-6pm, Beckton Globe; Fri, 11am-12pm, Forest Gate; Thurs, 6-7pm, East Ham

Beginner's Yoga Course

Six-week course starts Mon, 12 June, 7.15-8.45pm, at Maryland Studioz, Leytonstone High Road, E15, £8 or £40 for 6 sessions. Visit www.marylandstudioz.com for details.

Yoga

£5. Thurs, 6.30-7.30am, Grassroots; Free. Mon, 6-7.30pm, Beckton; £1. Weds, 6-7.30pm, East Ham; Sat, 10am-12pm, Plaistow; Thurs, 6.15-7.45pm, The Gate; Tues, 1.30-3pm, Stratford; Tues, 1.30-2.30pm, Over 50s £2, Jack Cornwell C. C. From 25 May, every Thurs, 8.15-9.15am, for library members only, book in advance, Thurs, 6.15-7.45pm (over 50s) The Gate; Mon, 4.30-5.30pm, free for 13+, Plaistow

Tone-Tastic (18+yrs)

Mon, 2-3pm, Field C.C.

Walking Group

Meet at the library. Sat, 10am-11am, Plaistow

Stroke Club (18+)

For men and women living with the effects of stroke. Weds, 2-5pm, Katherine Rd C.C.; Fri, 1.30-3.30pm, Jack Cornwell C.C.

Hula Hooping

Fun sessions. No experience needed. From 3 Jun, Sat, 2-3pm, Plaistow

Pilates Classes (18+)

Mon 9.30-10.30am, Jack Cornwell C.C. Thurs, 6-7pm, Manor Park

Unity Zumba

Mon, 8-9pm, Lister Room, East Ham Town Hall, E6; Tues, 8-9pm, St Mark's C.C.; Thurs, 8-9pm, St Mark's C.C. Classes £5 per session. For details go to info@ufdance.co.uk

Tai Chi in the Park (18+)

Forest Lane Park, E7. Meet at corner of Forest Lane and Magpie Close. Monday, 11am-12pm

Ballroom Dancing (18+)

Tues, 2-3pm. Beckton C.C. ★

Plaistow Social Walk

Fun social walk to improve your fitness and make new friends. For all ages and abilities. Meet at Plaistow Library to start off on the walks. Tues and Sat, 10-11am

50+ ACTIVITIES



Bingo

Mon, 1-2pm, Beckton C.C.; Mon, 12-4pm, Jeyes C.C.; Thurs, 7-9pm, Jack Cornwell C.C.

ICCAN

Faith based group with cultural activities. Fri, 12-2pm, Jeyes C.C.

Active Centre Group

Weds, 12-4pm, Field C.C.; Mon, Weds, Fri, 1.30-4pm, Beckton C.C.

Dominoes Group

Fri, 5-9pm, Field C.C.; Weds, 1.30-4.30pm, Plaistow

Forever Young

Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.

Happy Living Club

Indoor/outdoor activities. Tues, Weds, 1.30-5.30pm, Jeyes C.C.

Holiday Spanish Club

Weds, 12.30-1.30pm, Manor Park

Walking Football

Email: dgheerawo@westhamunited.co.uk or call 07803 201299. Tues, 10-11am, Priory Park

Get Active, Get Healthy, and Exercises for Fitness

Thurs, 11-12pm, Jack Cornwell C.C.

Get Active, Get Healthy

– Walk to the Park

Mon, 10.30-11.30am, Manor Park

Community

Cooking Project

Six-week course. £6.

Tues, 10am-12pm and 12.30-2.30pm, East Ham

Pilates Class

Tues, 9.30-10.30am, Field C.C.; Mon, 9.30-10.30am, Jack Cornwell C.C.; Thurs, 6-7pm, Manor Park; Mon, 10-11am, East Ham

Chair Based Exercise

For all fitness levels. Fri, 10.30-11.30am, East Ham

Fitness

Fitness circuit, mixed, 9.15-10am, Thurs; Fitness circuit, mixed, 10-10.45am, Thurs; Zumba, 1-2pm, Tues, ladies only; Exercise for ladies, 9.30-10.30am, Fri; Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri. Katherine Rd C.C.

Games and Friendship

Club Chat and make friends over games and a cuppa. Thurs, 11am-1pm, East Ham

Line Dancing Thurs, 10.30-11.30am, Bryant St C.C.

Carers Exercise Class

Thurs, 11am-12pm, Manor Park

Tea Dancing

Includes live music, Weds, 2.30-4pm, The Hub C.C.

GREEN



Green Gym Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973156

Green Volunteering Tues and Thurs, 10am-2pm Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club

Tues, 1-3pm, Thurs, 4-7pm, Sat, 11am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes

Gardening Club Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

Caravanserai Garden

Volunteering Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863384

Community Gardening Tues, 11.30am-2.30pm, St John's Green Community Garden; Tues, 11am-1.30pm, Beckton C.C.

Greenway Orchard

Volunteering Join the Green Gym and get dug in with some gardening. Greenway at the access point on Boundary Rd. Thurs, 11am-2pm.

Community Food Growing

Project Come and grow together in our new community growing space. Weds, 10am-12pm, East Ham.

Grow Your Health

Gardening advice. Forest Gate Community Garden, Earham Grove, E7. Fri, 11am-12pm. Until July

DOORSTEP CLUBS



Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+)

A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394756

Gym & Basketball (14yrs+)

Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

FEMALE SPORTS

Basketball Sessions

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Female Boxfit (14yrs+)

Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call

07970 783526

Girls Group Cycling (11-15 yrs)

Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Modern Arnis Martial Arts

(16yrs+) Tues, 5-6pm. Call 07473 030250. Jack Cornwell C.C.

Female Only Gym Sessions

Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

Get Back into Netball

Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £5. Lister Community School, E13. Email: opanetballclub@hotmail.com

Abs Blast (11-15yrs)

Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Fun Female Fitness (14yrs+)

Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Female Only Zumba

Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292893; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16 2DE. £2.50

Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



Ability Club (14-25yrs)

Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVlc, E13

Swim for Families

Dealing with Autism

Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Family Swims

Sat, 4.30-5.30pm, Newham

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House Prince Regent Ln, E16
East Ham 328 Barking Rd, E6
Green Street 337-341 Green St, E13
The Gate 2-6 Woodgrange Rd, E7
Manor Park 685-691 Romford Rd, E12
North Woolwich 5 Pier Parade, E16
Plaistow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies
 020 3373 6881
Community Outreach 020 337 30813
Church of God 37 Manor Park Road,
 E12, 020 8911 9494

LEISURE & SPORTS VENUES

Atherton Leisure Centre
 189 Romford Rd, E15
Balaam Leisure Centre
 14 Balaam St, E13
East Ham Leisure Centre
 324 Barking Rd, E6
Newham Leisure Centre
 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus,
 University Wy, E16

COMMUNITY CENTRES (C.C)

Beckton Community Centre
 14 Manor Wy, E6, 020 7511 1214
East Ham Market Hall Myrtle Rd,
 E6 1HY, 020 8471 0292
Field Community Centre
 147 Station Rd, E7 020 8536 2800
Grassroots Centre Memorial Park,
 Memorial Ave, E15, 020 3373 0650
The Hub 123 Star Ln, E16
 020 3373 0750
Jack Cornwell Community Centre
 Jack Cornwell St, E12 020 8553 3459
Jeyes Community Centre
 1 James Cl, E13, 020 3373 2205
Katherine Rd Community Centre
 254 Katherine Rd, E7, 020 8548 9825
St Mark's Community Centre 218
 Tollgate Rd, E6, 020 7474 1687
Vicarage Ln Community Centre
 Govier Cl, E15, 020 8519 0235
Harold Rd Centre 170 Harold Road,
 E13 0SE, 020 8472 2805
Queens Market Green St, E13
Rabbits Rd Institute
 835 Romford Rd, London E12 5JY
Royal Docks Learning Activity Centre Albert Rd, North Woolwich,
 E16 2JB
St John's Green Community Garden
 Albert Rd, North Woolwich E16 2JB
St John's Church
 Broadway, Stratford, E15 1NG
St Bartholomew's Church & Centre,
 292b Barking Road, E6 3BA
London Road, 1 London Road,
 E13 0AT
The Community Resource Centre,
 200 Chargeable Lane, E13 8DW 020
 3373 2697
St. Paul's Church Centre, 227
 Burges Rd, E6 2EU

Otters Swimming Club,
 Newham Leisure Centre, E13.
 Call 0300 124 0123. Sun,
 12.30-2pm, Family Swim,
 Balaam Leisure Centre, E13.
 £5. Call 0300 124 0123.

Get Fit for Free

Tues, 1.30-3.30pm and Fri,
 10am-12pm. Gym for people
 with learning disabilities. Newham
 Leisure Centre, E13. To book
 induction call 0300 124 0123

RUNNING AND ATHLETICS



Beckton Park Run

Sat, 9am, Beckton Park South,
 E16. Call 07718 394756
www.parkrun.org/beckton

East End Road Runners

Tues and Thurs, 7pm. Sun, 9am.
 Meet on the track. Coached
 sessions for all abilities. Newham
 Leisure Centre, E13.
 Call 07979 261647.

Run Together

£2 unless stated. Sun, 10am-
 12pm, Newham Leisure
 Centre, E13 (meet on track).
 Mon, 4-5.30pm, Newham
 Leisure Centre, E13 (meet on
 track). Mon, 5.45-6.45pm,
 Newham Dockside, E16
 (meet at reception). Weds,
 12-1pm, Newham Dockside,
 E16 (meet at reception).
 Thurs, 5.15-6.15pm, UEL
 Docklands Campus, E16 (meet
 at reception). Sat, 10.30am-
 12pm, Wanstead Flats (meet
 at corner of Capel Rd and
 Centre Rd). Sat, 10-11.30am,
 Memorial Park, E15, £4 (meet
 at car park). Call 07718 394874

Running and Athletics

Newham & Essex Beagles
 Athletics Club. Visit
www.newhamandessexbeagles.co.uk for more details

SPORTS



Black Arrows Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat,
 10am-12pm, £3.70, East Ham
 LC. Adults: Weds, 7-10pm, UEL
 SportsDock. Call 07932 037173

Adult Tennis (16+)

Sat, 9-10am, 10-11am, 11am-
 12pm, Central Park (tennis
 courts), High St South, East
 Ham, E6 6ET. Sun, 9-10am,
 10-11am, 11am-12pm,
 Stratford Park (tennis courts),
 West Ham Ln, Stratford, E15
 4PT Contact: michelle.daniel@activenewham.org.uk
 07741 293513

Table Tennis (14yrs)

Thurs, 4.40-6pm, Newham
 College, East Ham Campus,
 E6 6ER. Email: sports@newham.ac.uk

Cricket (14yrs+)

Tues, 6-8pm, Newham Sixth
 Form College, E13.
 Call 07476 269226

FOOTBALL



AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-
 12pm, Memorial Park,
 Memorial Ave, E15.
 Fri, 3-5pm, Beckton
 Powerleague, E6. Visit www.airfootball.co.uk

Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-
 6pm, U16yrs, U18yrs, 6-7pm
 Newham Leisure Centre, E13

Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm,
 Newham Leisure Centre, E13

WHU Kicks

Mon, Tues, Fri, 4-7pm,
 WHUCST, Beckton 3G, 60A
 Albatross Cl, E6. Thurs, 6.30-
 7.30pm, Little Ilford Learning
 Zone, 1 Rectory Rd, E12.
 Thurs, 6.30-7.30pm, Stratford
 Park MUGA, West Ham Ln,
 E15. Sat, 10.30am-12pm,
 Newham Leisure Centre, E13

Ascension Football

Sat, 9.15-10.45am, £3,
 reception to year 11. Royal
 Docks School, Prince Regent
 Ln, E16. Call 07806 584925
 or 020 7511 1232

BASKETBALL



Basketball

Tues, 5.30-6.30pm, Forest Gate
 Community School, E7 9BB.
 Email: sports@newham.ac.uk

Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowhill
 MUGA, Snowhill Rd, E12

Basketball Sessions

Thurs, 5.30-6.30pm, Little
 Ilford Learning Zone,
 1 Rectory Rd, E12

NCFE Sports - Basketball

Thurs, 5-7pm, East Ham
 Leisure Centre. To register
 email: sports@newham.ac.uk
 or call 020 8257 4255

Senior Programme

Mon, 7.30-9.30pm, Division 2
 women and division 3/4 men.
 Rokeby School, E16. Call
 07947 401616

COMMITTEE MEETINGS

Meetings take place at Newham
 Town Hall, Barking Road, E6,
 unless otherwise stated.

Mon, 12 Jun, 7pm, Local
 Development Committee

Thurs, 15 Jun, 5pm, Cabinet;
 5.05pm, Mayoral Proceedings

CONTACT THE MAYOR

Here to Help sessions

Please register 30 minutes
 before session starts.
 There is no surgery on
 8 June

Telephone surgery

Weds, 14 June. Please
 call 020 8430 2000 between
 10am and 11am

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See Captain Barnacles & Kwazii
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